



Cervical cancer screening (Pap Test / HPV Test):

Regular cervical cancer screening can help prevent cancer and also allows for the early detection of cervical cancer, leading to better treatment outcomes.

There are two types of tests used for cervical cancer screening: Pap Test and HPV Test

To help reduce the incidence of cervical cancer, Singapore Cancer Society provides cervical cancer screening at **no cost** to eligible females who meet the following criteria:

Pap Test

- Singaporean or Permanent Resident
- Aged 25 to 29 years
- Have previously engaged in sexual activities
- Not pregnant

HPV Test

- Singaporean or Permanent Resident
- Aged 30 years and above
- Have previously engaged in sexual activities
- Not pregnant

How do I book an appointment?

Call 1800-727-333 or visit
<http://www.singaporecancersociety.org.sg/>



Scan to watch and understand more about **cervical cancer screening (Pap test/ HPV test)** or visit <https://bit.ly/Cervicalcancerscreening>

Scan to register
for an appointment



SCS Clinic @ Bishan

9 Bishan Place Junction 8 Office Tower, #06-05
Singapore 579837

Opening hours: Mondays to Fridays, 8.30am to 6.00pm
Saturdays: 8.30am to 4.00pm

Singapore Cancer Society Main Office

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✉ www.singaporecancersociety.org.sg

☎ 1800-727-3333

WOMEN'S
GYNAECOLOGICAL
CANCER
AWARENESS
CAMPAIGN 2020

SINGAPORE
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GET YOURSELF COVERED

MAKE CERVICAL CANCER SCREENING A PRIORITY

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Women's Gynaecological Cancers

The women's gynaecological cancers, comprising uterine, ovarian, and cervical, are among the top ten cancers affecting Singaporean women today.

Gynaecological cancers are sometimes referred to as the 'silent' type because of their vague symptoms that can be mistaken for other conditions, such as irritable bowel syndrome or anaemia.

As these cancers can affect the vital organs of a woman's body, it is very important for ladies to be vigilant of the signs and symptoms and go for the necessary screening regularly.

How to reduce your risk of getting gynaecological cancers?

All women are at risk of gynaecological cancers. While the causes of gynaecological cancers are not fully understood, there are a number of risk factors that make a woman more likely to get it.

Some of the risk factors cannot be changed, such as age and family history of cancer; while some others can be changed, such as unhealthy diet, obesity, sedentary lifestyle, having unprotected sex and smoking.

Learn more about women's gynaecological cancers from our specialists and hear from cancer survivors how they have stayed strong in their journey.



Youtube: [sgcancersociety](https://www.youtube.com/sgcancersociety)

What is Uterine Cancer?

Uterine cancer, also known as endometrial cancer, starts in the endometrium, the inner lining of the uterus (womb). It is predominantly due to prolonged exposure to an excess of the female hormone called oestrogen.

Endometrial cancer occurs when the cells of the endometrium start to grow too rapidly. The lining of the uterus may thicken in certain places. These areas of thickness may form a mass of tissue called a tumour.

What is Ovarian Cancer?

A woman has two ovaries, which are part of the female reproductive system. Each is the size of a walnut and located at the pelvis on either side of the womb (uterus). The ovaries produce eggs and the female hormones, oestrogen and progesterone.

Each ovary is made up of different cells, each performing its own function. When these cells grow abnormally, a cancer is formed. Most ovarian cancers arise from the ovary's surface epithelium (outermost layer) and is also known as epithelial cancer.

What is Cervical Cancer?

Cervical cancer is the cancer of the neck of the womb, which is the cervix and is made up of millions of tiny cells. These cells can change their appearance and structure if infected with human papillomavirus (HPV) without causing symptoms. If left untreated, it may develop into cervical cancer.

Human papillomavirus (HPV)

Human papillomavirus (HPV) is a group of common viruses that causes infections in both men and women.

Most HPV infections clear up on their own and do not cause any problem. However, sometimes the infection does not go away. Persistent infection by certain HPV types can cause cancer & other diseases overtime.

HPV infections can cause several cancers including cervical cancer. Virtually all cervical cancer cases (99%) are linked to genital infection with HPV. HPV can also cause other cancers such as anal cancer, mouth and throat cancer, vaginal and vulvar cancers in women, and penile cancer in men.

HPV infection has no treatment or cure. The best way to help prevent HPV infection is to get vaccinated.

The HPV vaccine is recommended for young women aged 9-26 years old. To be most effective, the vaccine should be given before first sexual exposure.



Scan to watch this video to learn more about **HPV vaccination**



Keep a look out for our Women's Gynaecological Cancer videos on Singapore Cancer Society's Facebook page (@sgcancersociety) & stand to win attractive prizes!

Ovarian Cancer
& Prevention

MAY
08 & 22
2020

Uterine Cancer
& Prevention

JUN
05 & 19
2020

Cervical Cancer
& Prevention

JUL
03 & 17
2020